

# Force Five White to Gold Belt Test

Name of Student \_\_\_\_\_ Age \_\_\_\_\_ Date of test \_\_\_\_\_  
Do not lose this test form. Present this form to your Instructor for grading on date of your test.

## 1ST DEGREE STRIPE

### *Stances*

Front Stance \_\_\_\_\_

### **Hand Techniques**

Jab \_\_\_\_\_

Right Cross \_\_\_\_\_

Little Dragons Creed \_\_\_\_\_

## 2ND DEGREE STRIPE

### *Kicks*

Front Kick \_\_\_\_\_

Side Kick \_\_\_\_\_

### **Foot Work**

Step and Slide \_\_\_\_\_

Pony Step \_\_\_\_\_

### **3rd Degree Stripe**

Duck & punch \_\_\_\_\_

Jump & punch \_\_\_\_\_

Chop Block \_\_\_\_\_

What are the things to  
Focus in class? \_\_\_\_\_

## 4th DEGREE / RED STRIPE

### *Self-defense*

Wax Off \_\_\_\_\_

**Discipline** \_\_\_\_\_ **Spirit** \_\_\_\_\_ **Kiai** \_\_\_\_\_

Please Learn <b>1</b>	Polish <b>2</b>	Good <b>3</b>	Very Good <b>4</b>	Excellent <b>5</b>
--------------------------	--------------------	------------------	-----------------------	-----------------------